



Mae Brechu yn achub bywydau  
Vaccination saves lives



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# Shingles vaccine



Mae'r daflen hon ar gael yn Gymraeg. You can get this leaflet in Welsh.

## What is shingles



Shingles is an illness that can make you feel very poorly.



It can give you a rash and be very painful. The pain sometimes lasts a very long time.

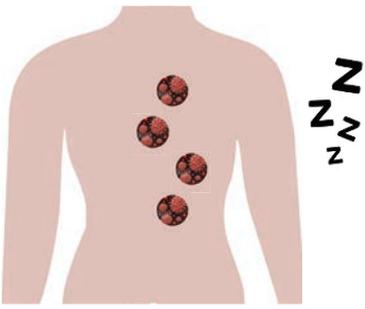


Shingles is caused by the same virus as **chickenpox**.

**Chickenpox** is an illness that makes you get itchy spots all over your body.



Most people get chickenpox at some point in their lives. It is not usually serious.



When you get better from chickenpox, some of the virus can stay asleep in your body.



If the chickenpox virus wakes up, it can make you have shingles.

## People who might get very poorly if they get shingles



Shingles can be very serious for some people. It can make them very poorly and need to go to hospital.

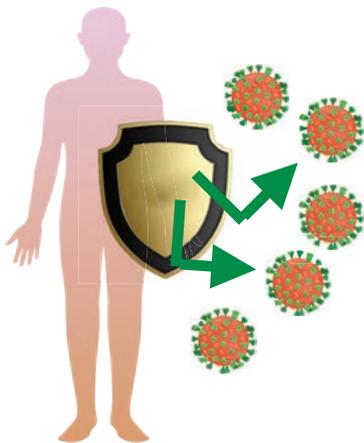
It is really important to try and protect yourself from shingles if:



- You are an older person

or

- Your **immune system** does not work very well.

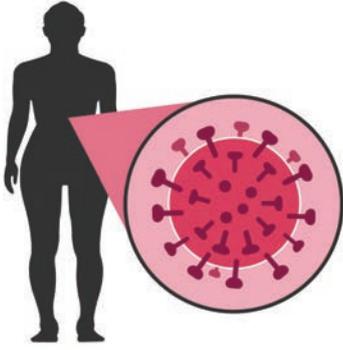


Your **immune system** is the part of your body that helps to protect you from infections.



Your immune system can stop working well because of illness. Some medicines can stop it working well too.

## What is a vaccine



A **vaccine** is a medicine that helps to keep you safe from catching an illness.



Getting a vaccine is usually done by giving you an injection at the top of your arm.



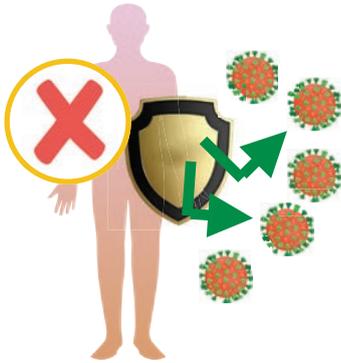
Your body then knows how to fight the illness if you catch it in the future.



A vaccine may not always stop you from catching an illness. But it can make you less poorly if you do catch it.

# Who can have the shingles vaccine

You can have the shingles vaccine if:



- You are 18 or older and your immune system does not work very well.



- You are 65 or 70 years old.



- You are 70 to 79 and have not had a shingles vaccine before.



If you are between 66 and 69, you will be contacted after your 70th birthday.



If you are between 60 and 64, you will be contacted after your 65th birthday.



Your doctor will invite you for your shingles vaccine. They will tell you when and where you can get it.



If you do not get an invite, contact your doctor.



If you are worried about shingles, talk to your doctor.

## Getting the vaccine



The shingles vaccine is very safe.



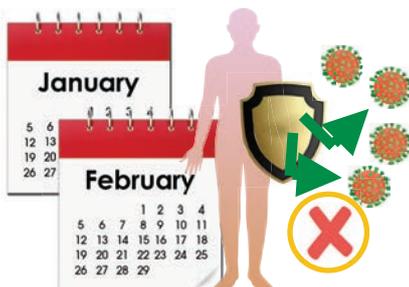
You should have the vaccine as soon as you are offered it.



You will need to have 2 injections. You do not have them at the same time.



Most people will have their second injection after 6 to 12 months.



If your immune system doesn't work very well, you should have your second injection at least 8 weeks after your first injection.



Your doctor will tell you when to come for your next injection.



When you have had both injections you do not need to have any more.



If you have had shingles before, you should still have the vaccine.

# Allergies



Most people who are allergic to something can have the shingles vaccine with no problems.



You should **not** have the vaccine if:



- You are allergic to something the vaccine is made from and it gives you a **serious reaction**

or



- You have had a **serious reaction** to a vaccine before.

A **serious reaction** is when:

- You find it hard to breathe.





- You feel confused, faint and you cannot be woken up.



- Your face, neck or tongue start to swell up.



If you have any problems with your blood, you should tell the nurse who is giving you the vaccine.



They will check to make sure it is ok for you to have the vaccine.

## Side effects



**Side effects** are things that might happen to you after you have had the vaccine.

Not everyone has side effects.



Common side effects should only last for 1 or 2 days.

Things you might feel after having the shingles vaccine are:



- A sore arm where you had the injection.



- A headache.



- A tummy ache, feeling sick or being sick.



- Pooing a lot or having more runny or soft poo.



- Aches in your body.



- Feeling very tired.



- A **fever**. A **fever** is when you have a high temperature of 38 degrees or more on a thermometer.



You can take paracetamol to help with these things. Remember to read the instructions on the packet.



If you feel unwell or very tired, you should rest. Try not to do things like driving a car or using big tools.



If you are worried about side effects, talk to your doctor or nurse.

## More information



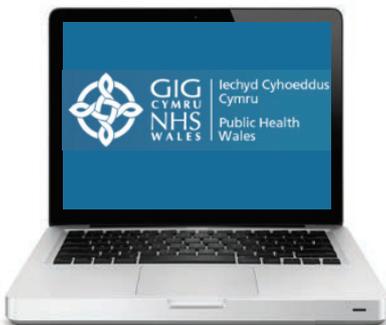
If you want more information about the vaccine, you can speak to your doctor.



You can also phone NHS 111 Wales.

### **Phone 111**

It is free to call this number.



You can look on the Public Health Wales website:

**[phw.nhs.wales/vaccines](https://phw.nhs.wales/vaccines)**



To find out how the NHS uses your information, visit:

**[111.wales.nhs.uk/AboutUs/Yourinformation](https://111.wales.nhs.uk/AboutUs/Yourinformation)**